



National Nutrient Database for Standard Reference  
Release 28 slightly revised May, 2016

**Full Report (All Nutrients) 35182, Acorn stew (Apache) <sup>a</sup>**

**Report Date: May 09, 2017 21:22 EDT**

Nutrient values and weights are for edible portion.

Food Group : American Indian/Alaska Native Foods

**Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
<b>Proximates</b>				
Water <sup>1</sup>	g	79.78	1	--
Energy	kcal	95	--	--
Energy	kJ	399	--	--
Protein <sup>1</sup>	g	6.81	1	--
Total lipid (fat) <sup>1</sup>	g	3.47	1	--
Ash <sup>1</sup>	g	0.72	1	--
Carbohydrate, by difference	g	9.22	--	--
Fiber, total dietary <sup>1</sup>	g	0.7	1	--
Sugars, total <sup>1</sup>	g	0.34	1	--
Sucrose <sup>1</sup>	g	0.16	1	--
Glucose (dextrose) <sup>1</sup>	g	0.00	1	--
Fructose <sup>1</sup>	g	0.00	1	--
Lactose <sup>1</sup>	g	0.00	1	--
Maltose <sup>1</sup>	g	0.19	1	--
Galactose <sup>1</sup>	g	0.00	1	--
Starch <sup>1</sup>	g	6.57	1	--
<b>Minerals</b>				
Calcium, Ca <sup>1</sup>	mg	14	1	--
Iron, Fe <sup>1</sup>	mg	1.00	1	--
Magnesium, Mg <sup>1</sup>	mg	12	1	--
Phosphorus, P <sup>1</sup>	mg	62	1	--

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	
Potassium, K <a href="#">1</a>	mg	110	1	--	
Sodium, Na <a href="#">1</a>	mg	130	1	--	
Zinc, Zn <a href="#">1</a>	mg	1.60	1	--	
Copper, Cu <a href="#">1</a>	mg	0.030	1	--	
Manganese, Mn <a href="#">1</a>	mg	0.140	1	--	
Selenium, Se <a href="#">1</a>	µg	8.3	1	--	
<b>Vitamins</b>					
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	0.0	1	--	
Thiamin <a href="#">1</a>	mg	0.175	1	--	
Riboflavin <a href="#">1</a>	mg	0.125	1	--	
Niacin <a href="#">1</a>	mg	2.140	1	--	
Pantothenic acid <a href="#">1</a>	mg	0.212	1	--	
Vitamin B-6 <a href="#">1</a>	mg	0.055	1	--	
Folate, total <a href="#">1</a>	µg	33	1	--	
Folic acid <a href="#">1</a>	µg	15	1	--	
Folate, food <a href="#">1</a>	µg	18	--	--	
Folate, DFE	µg	44	--	--	
Vitamin B-12 <a href="#">1</a>	µg	0.68	1	--	
Vitamin B-12, added	µg	0.00	--	--	
Vitamin A, RAE	µg	0	--	--	
Retinol	µg	0	--	--	
Vitamin A, IU	IU	0	--	--	
Vitamin E (alpha-tocopherol) <a href="#">1</a>	mg	0.30	1	--	
Vitamin E, added	mg	0.00	--	--	
Tocopherol, beta <a href="#">1</a>	mg	0.12	1	--	
Tocopherol, gamma <a href="#">1</a>	mg	0.23	1	--	
Tocopherol, delta <a href="#">1</a>	mg	0.05	1	--	
Vitamin K (phylloquinone) <a href="#">1</a>	µg	0.0	1	--	
<b>Lipids</b>					
Fatty acids, total saturated	g	1.280	--	--	
8:0 <a href="#">1</a>	g	0.000	1	--	
10:0 <a href="#">1</a>	g	0.000	1	--	

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
12:0 <sup>1</sup>	g	0.000	1	--
14:0 <sup>1</sup>	g	0.090	1	--
15:0 <sup>1</sup>	g	0.010	1	--
16:0 <sup>1</sup>	g	0.750	1	--
17:0 <sup>1</sup>	g	0.040	1	--
18:0 <sup>1</sup>	g	0.390	1	--
20:0 <sup>1</sup>	g	0.000	1	--
22:0 <sup>1</sup>	g	0.000	1	--
24:0 <sup>1</sup>	g	0.000	1	--
Fatty acids, total monounsaturated	g	1.680	--	--
14:1 <sup>1</sup>	g	0.020	1	--
15:1 <sup>1</sup>	g	0.000	1	--
16:1 undifferentiated <sup>1</sup>	g	0.110	1	--
17:1 <sup>1</sup>	g	0.030	1	--
18:1 undifferentiated <sup>1</sup>	g	1.510	1	--
20:1 <sup>1</sup>	g	0.010	1	--
22:1 undifferentiated <sup>1</sup>	g	0.000	1	--
24:1 c <sup>1</sup>	g	0.000	1	--
Fatty acids, total polyunsaturated	g	0.297	--	--
18:2 undifferentiated <sup>1</sup>	g	0.260	1	--
18:3 undifferentiated <sup>1</sup>	g	0.010	1	--
18:4 <sup>1</sup>	g	0.020	1	--
20:2 n-6 c,c <sup>1</sup>	g	0.007	1	--
20:3 undifferentiated <sup>1</sup>	g	0.000	1	--
20:4 undifferentiated <sup>1</sup>	g	0.000	1	--
20:5 n-3 (EPA) <sup>1</sup>	g	0.000	1	--
21:5 <sup>1</sup>	g	0.000	1	--
22:4 <sup>1</sup>	g	0.000	1	--
22:5 n-3 (DPA) <sup>1</sup>	g	0.000	1	--
22:6 n-3 (DHA) <sup>1</sup>	g	0.000	1	--
Cholesterol <sup>1</sup>	mg	20	1	--
<b>Amino Acids</b>				

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error
Tryptophan <sup>1</sup>	g	0.040	--	--
Threonine <sup>1</sup>	g	0.360	--	--
Isoleucine <sup>1</sup>	g	0.350	--	--
Leucine <sup>1</sup>	g	0.620	--	--
Lysine <sup>1</sup>	g	0.580	--	--
Methionine <sup>1</sup>	g	0.160	--	--
Cystine <sup>1</sup>	g	0.090	--	--
Phenylalanine <sup>1</sup>	g	0.330	--	--
Tyrosine <sup>1</sup>	g	0.250	--	--
Valine <sup>1</sup>	g	0.390	--	--
Arginine <sup>1</sup>	g	0.470	--	--
Histidine <sup>1</sup>	g	0.230	--	--
Alanine <sup>1</sup>	g	0.450	--	--
Aspartic acid <sup>1</sup>	g	0.830	--	--
Glutamic acid <sup>1</sup>	g	1.510	--	--
Glycine <sup>1</sup>	g	0.420	--	--
Proline <sup>1</sup>	g	0.460	--	--
Serine <sup>1</sup>	g	0.330	--	--

### Other

#### Sources of Data

<sup>1</sup>Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 8c, 2004 Beltsville MD

#### Footnotes

<sup>a</sup> Boiled stew made with water, beef or deer, prepared acorns, dumpling strips, salt, and pepper.